‘THE GOOD LORD BIRD’ IS READY FOR TAKEOFF

A BOOK ABOUT SLAVERY THAT’S FUNNY? THANK JAMES MCBRIDE. PAGE 11

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BOSTON Tuesday, August 20, 2013 www.metro.us | t: MetroBOS | f: MetroBoston

A hero gets his truck

PAGE 02

Boston Marathon bombing hero Carlos Arredondo, shown holding a blood-soaked flag from the attack, will have his bravery rewarded today with a 2014 Toyota Tacoma donated by car dealer Herb Chambers. / NICOLAUS CZARNECKI, METRO

Police issue warning after second livery sex assault

A pattern. A second woman in two weeks is driven to a remote location and attacked after hailing a ride from an unmarked livery sedan. PAGE 04

Conversion therapy for gays is now illegal in NJ

PAGE 07

Travel: Tangled up in the beauty of Tanglewood

PAGE 12

Learn to be the kids’ favorite storyteller

PAGE 13

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NEWS
Top 3
What's trending online at Metro.us
1 'VIDEO: Kid President chats with Beyonce for World Humanitarian Day'
2 'Disney star dead at age 29: RIP Lee Thompson Young'
3 'VIDEO: Church choir implores congregation to 'Keep Yo Business Off of Facebook''
Today's tweet
"Ash Monday strikes again. Lotion free ankles and feet again. Please just stop wearing flip flops #mbta"
@MBTAencounters, on observing some funky ankles and feet on the T

T innovation

mTicket madness
NICOLAUS CZARNECKI, METRO

mTicket app reaches $10 million in sales

The MBTA's mobile ticketing platform, mTicket, reached $10 million in sales and sold more than 1 million tickets since launching last November, transit officials said yesterday.

The app allows customers to buy Commuter Rail and Ferry tickets from their smartphones.

MBTA general manager Beverly Scott said the app represents an improvement in service and convenience, as well as the T's ability to collect revenue. **METRO**

Pumped

Gas prices take a subtle dip

The average price per gallon for regular, self-serve unleaded gas in Massachusetts fell 2 cents from last week to $3.64 per gallon, according to AAA Southern New England.

That is still 10 cents more than the national average, but 9 cents lower than the price per gallon at the same time last year.

Prices across the state range from a low of $3.45 to a high of $3.89 — a 44-cent difference. **SHNS**

Arredondo's current truck has traveled the country as he advocated for veterans in memory of his son, who was killed serving in Iraq. / NICOLAUS CZARNECKI, METRO

Marathon bombing hero given new truck

Revved up. Herb Chambers will give cowboy hat hero Carlos Arredondo a new truck as thanks.

A Boston-area car dealership is stepping in after a five-week online push to buy Boston Marathon bombing hero Carlos Arredondo a new pickup truck fell short of its fundraising goal.

This morning, Herb Chambers will give Arredondo, a Roslindale resident and anti-war activist, a 2014 Toyota Tacoma truck.

Arredondo rose to public prominence after he was photographed, in his cowboy hat, helping to save the life of Boston Marathon bombing survivor Jeff Bauman when two bombs ripped through the Boylston Street finish line on April 15.

"This has been a surprise, but it is just in time because the old truck already has over 160,000 miles on it and needs to be replaced," Arredondo said. "This gift will come in very handy, so we are very happy.

Arredondo's old pickup was about 10 years old. He has used it to travel across the United States advocating for veterans.

"I'm excited to get around and get going," Arredondo said, adding that a trip to Washington, D.C., is in the works, and that he is "very appreciative of the amazing and heroic people who have come together since the bombing."

Lori Tosches, organizer of the Go Fund Me push, said she is "shocked" at the outpouring of support.

"This is more than I could have ever even thought would happen," she said. "You watch the news and (it) makes you think that the world is not a good place, but it is. It really is."

MORGAN ROUSSEAU
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Fundraising

Over the past five weeks, more than 180 people donated to the Go Fund Me fundraiser, which closed Aug. 17.

- The effort managed to collect $6,310, but fell short of reaching a $30,000 goal. Herb Chambers got wind of the project, and decided to help.
- The money will be given to Arredondo to support Arredondo's truck-related expenses, such as gas, insurance and taxes.

Study. UMass is turning its research into revenue, according to an analysis

A new analysis by the Chronicle of Higher Education finds the University of Massachusetts among the nation's leaders in licensing the fruits of its research labor.

For every $1 million the school spends on research, it generates $79,732 in revenue for licensing of the technologies, materials and processes arising from that research. That's first in New England among all reporting universities, and 11th in a Top 26 that included Yale and MIT. **SHNS**

MBTA crime

Dorchester man arrested for indecent assault

Kenneth Nelson, 28, of Dorchester, was arrested Aug. 17 after he allegedly assaulted a woman on a T bus as it traveled on Blue Hill Avenue. He fled the bus, police said, but was arrested shortly after. **METRO**

South Boston. Bicycle lanes may be in the future on West Broadway

Residents and commuters in South Boston will meet today to discuss bicycle safety and the possibility of bike lanes along West Broadway, a main thoroughfare. Southie Bikes, the area's cyclist advocacy group, is hosting the public meeting, and Boston Bikes, the city's bike agency, will also attend to discuss possible bike-lane designs. Supporters of the idea have pointed to the street's heavy use by buses, cars, bikes and pedestrians as a reason for the lanes. **GLOBE**

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G4499-NYDN

DA's decision

Patrick mum on Remy case

An aide to Gov. Deval Patrick, who appointed Middlesex District Attorney Marian Ryan, said yesterday Patrick had no comment "at this point" on the decision to release domestic violence suspect Jared Remy, who is accused of subsequently killing his girlfriend. METRO

Arson investigation

Reward for info on Somerville fires

A string of fires in Somerville has led authorities to offer a reward for information that will help them capture an arsonist. Somerville authorities said yesterday that nine fires have broken out in the city in about the past eight weeks. Of those fires, six have been deemed arson or under investigation. Three of the fires have been ruled accidental.

A 7-alarm fire last month
NICOLAUS CZARNECKI, METRO

The city said that the police department is stepping up patrols and urged residents to report any suspicious behavior. A reward of up to $15,000 is being offered for information leading to the arrest and prosecution of a person involved with intentionally setting the fires.
MICHAEL NAUGHTON

Sex assaults. Attacks on women hailing cabs prompt warnings, tips

After the recent attacks on two women trying to hail cabs in Boston, police and livery services are trying to inform people how they can obtain a safe ride home at night.

"Do not get into unmarked taxi or livery cars," Boston police said after publicizing information about the most recent attack.

Boston police also urged people to use only licensed cabs or clearly identifiable livery service cars that are called to the location.

The alert and tips were also sent out by the Cambridge and Boston University police departments.

Uber, a mobile app company that specializes in on-demand transportation, also urged people not to get into any car that is not a clearly marked and licensed taxi, or is not a pre-arranged transportation provider.

Uber said its technology allows users who request a sedan to see a driver photo, car type and license plate number before being picked up so that passengers can ensure they're getting into the right car.

The most recent attack occurred at about 2 a.m. Sunday when a woman tried to hail a cab at Linden and Pratt streets in Brighton. She told police that a man driving a sedan stopped and offered her a ride to Cambridge.

The car was not a licensed taxi, police said.

The first attack occurred Aug. 6 when a woman trying to hail a cab in the Seaport District at about 1:30 a.m. was picked up by a black Lincoln livery sedan and taken to a secluded area in Newton where she was raped.

State police did not publicize the information until last week. Authorities released a sketch of that suspect on Sunday. MICHAEL NAUGHTON

Driver attacks

Within the past two weeks, two women trying to hail cabs were sexually assaulted by the drivers.

- Both women were trying to hail taxis in Boston late at night, were offered rides by men driving unmarked sedans and were driven to secluded places where they were attacked, authorities said.

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New trucks to the rescue for Boston Fire Department

The Boston Fire Department welcomed three of its newest members into duty yesterday. The KME brand ladder trucks have been assigned to fire houses in the Back Bay, South Boston and Mattapan. Each new truck cost $831,000. / NICOLAUS CZARNECKI, METRO

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Classic cinema. Movie night to debut at Fenway Park on Wednesday

One of the most classic baseball movies will be screened at one of America's classic stadiums during a special event this week.

Fenway Park is putting on its first-ever movie night on Wednesday with a special screening of "The Sandlot." Tickets are just $5 for kids 12 and under and $10 for everyone else. Season ticket holders and members of Red Sox Kid Nation get free tickets.

The movie will be shown on the 40-by-100 high-definition center-field screen and seating will be limited to the lower bowl and down the first base line to ensure the best viewing.

Gates open at 7 p.m. for the 8 p.m. showing. Fans can roam the warning track and take pictures before the start of the movie.

And while there won't be a game played on the field, you'll still be able to get your favorite Fenway treats, as concessions will be available during the showing. **MICHAEL NAUGHTON**

Medical episode

No charges for DA after crash

Norfolk District Attorney Michael Morrissey will not face criminal charges after he drove onto the wrong side of the road and collided with two other cars. Morrissey paid a $100 fine for a marked lanes violation yesterday, The Patriot Ledger reported. During his hearing, Morrissey presented documentation that he had a medical episode before the July crash in Milton. **METRO**

Trafficking victims need more services, report says

Audrey Morrissey, a survivor of the commercial sex industry, is an outspoken supporter of human trafficking legislation. / NICOLAUS CZARNECKI, METRO

Task force. A report released yesterday outlines ways for the state to prevent and end human trafficking.

Human trafficking can be reduced and stopped if the state worked toward bettering services, including improving data collection, increasing education efforts and reducing demand, according to a report released yesterday by the Interagency Human Trafficking Task Force.

One of the recommendations discussed in the report was the need to establish safe houses for victims.

For Audrey Morrissey, the associate director of the service group My Life My Choice, the victim services recommended in the report would have helped her as a survivor of the commercial sex industry.

Morrissey, who said she was recruited into the sex industry at 16, didn't get out until she was 30.

"There were no services. The only way I could cope with what was going on — the abuse and all things I was going through — was substance abuse," she said. "I look at that and think how I could have avoided it if there were services and places to go."

MICHAEL NAUGHTON
michael.naughton@metro.us

Quoted

"I don't think it's diminishing. I think it's becoming a very lucrative business."

Martha Coakley, attorney general

hey Oprah, join and have more to put in that $38,000 purse.

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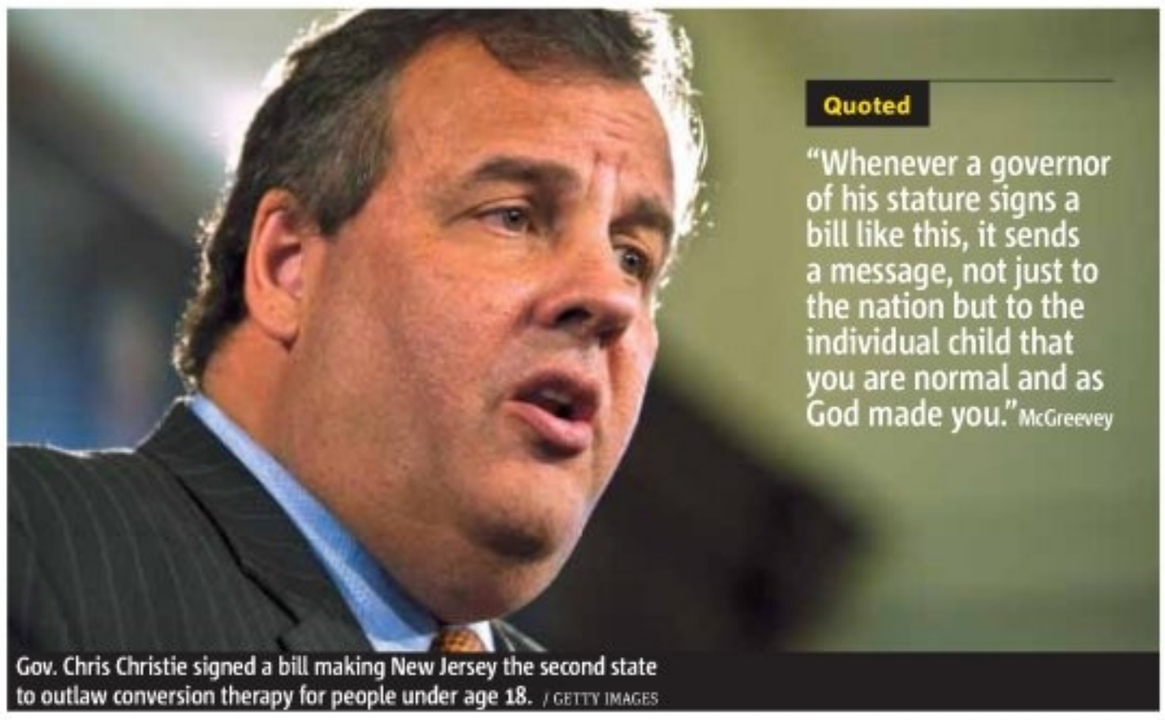
New Jersey bans gay conversion therapy



Quoted

"Whenever a governor of his stature signs a bill like this, it sends a message, not just to the nation but to the individual child that you are normal and as God made you." McGreevey

Gov. Chris Christie signed a bill making New Jersey the second state to outlaw conversion therapy for people under age 18. / GETTY IMAGES

Talk therapy. Opponents of the law have promised a legal fight as well.

New Jersey Republican Gov. Chris Christie yesterday signed into law a measure to prevent therapists from counseling gay and lesbian youths to change their sexual orientation, making his state the second to ban so-called conversion therapy.

The state senate approved the measure in June, putting it on the desk of Christie, who is widely considered a White House contender for the Republican Party in 2016.

Citing medical and psychiatric research that sexual orientation is determined at birth, the law bans state-licensed counselors, therapists and social workers from practicing a method of talk therapy that opponents have said is deeply damaging to the self-esteem and identity of gay youths.

Christie said he was signing the legislation based on research that found "efforts to change sexual orientation can pose critical health risks, including, but not limited to, depression, substance abuse, social withdrawal, decreased self-esteem and suicidal thoughts."

But he said he still had "concerns about government limiting parental choice on the care and treatment of their own children."

Former Gov. Jim McGreevey, who stepped down from office in 2004 in a gay sex scandal, praised the measure, saying it was based in "sound psychiatric research." REUTERS

Canadian born

Senator Cruz releases birth certificate amid talk of 2016 run

Sen. Ted Cruz, a Texas Republican who some are speculating may run for president in 2016, has released his birth certificate, showing that he was born in Canada to an American mother, the Dallas Morning News reported yesterday.

The move came after President Barack Obama faced intense scrutiny about his eligibility to be president. Born in 1961 to an American mother and Kenyan father, Obama's birth certificate says he was born in Hawaii.

The constitution says that only natural born citizens are eligible to become president. Some interpret that to mean born in the U.S., while others say it includes being born to American parents. REUTERS

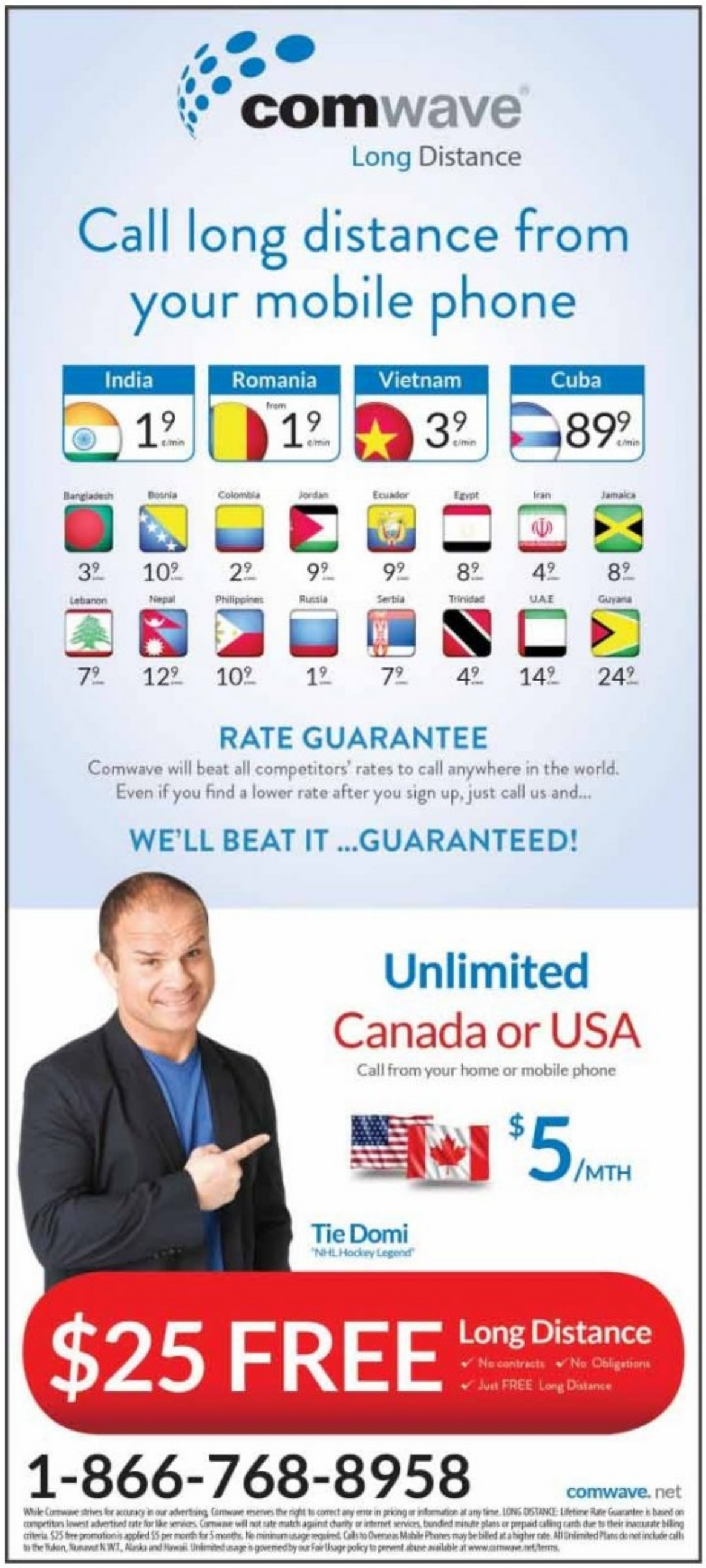
Summer recess

Lawmakers travel the world on lobbyists' tab

U.S. lawmakers are once again taking advantage of their summer recess to race around the globe on privately financed tours to places like China, the Middle East and Scotland — trips watchdog groups cite as evidence that congressional ethics reforms are unraveling.

Critics of such trips say it is unseemly for members of the House and Senate to take trips bankrolled by people and organizations with specific legislative desires.

"It's money well spent by lobbying groups, but for the American public, there is no benefit," said Craig Holman, a lobbyist for the consumer group Public Citizen. REUTERS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False alarm. Town in Connecticut warned of pending terror attack

The citizens of Old Saybrook, Conn., got quite a shock Sunday afternoon when a recorded message broadcast over the emergency management public address system told them to seek shelter from a terrorist attack to come.

Shortly after, the town sent Reverse 911 calls to residents telling them there was no terrorist attack and apologizing for the error.

Town officials are now investigating how a dispatcher triggered the alert.

"It was a mistake, and I assume measures will be taken so that mistake does not happen again," First Selectman Carl Fortuna Jr. told the Associated Press.

According to Fire Chief John Dunn, steps have already been taken to prevent the possibility of a future false activation. METRO

Surfer bit

Shark bites teen along Hawaii's Big Island

A 16-year-old boy surfing along the eastern shore of Hawaii's Big Island was bitten in the legs by a shark over the weekend in the second such attack in the state in less than a week, authorities said.

The boy was flown by helicopter to the Hilo Medical Center, and was listed in satisfactory condition on Sunday night, said William Aila, chairman of the state Department of Land and Natural Resources. REUTERS

Study: BPA, DEHP tied to kids' weight, diabetes risk

More than one-third of U.S. children are overweight or obese — a proportion that has tripled over the last 30 years, according to the Centers for Disease Control and Prevention. / GETTY IMAGES

CDC. About one in six U.S. children and teenagers is obese.

Children exposed to two chemicals commonly used in food packaging are more likely to be obese or show signs of diabetes precursors than those with lower exposure, research suggests.

Researchers found urine levels of one type of phthalate, used to soften plastic, were tied to a higher risk of insulin resistance among teenagers.

Based on data from the same large nutrition survey, another study group linked bisphenol A, or BPA — used to line aluminum cans — to obesity and larger waists in youth.

"Clearly, unhealthy diet and lack of physical activity are the drivers of this epidemic … but, increasingly, environmental chemicals are being identified as possible contributors," Dr. Leonardo Trasande, a New York University pediatrician, said.

He and his colleagues analyzed data from a nationally representative health and nutrition survey run from 2003 to 2008, which included urine and blood tests for 766 adolescents aged 12 to 19.

They found urinary levels of one particular type of phthalate, Di-2-ethylhexylphthalate, or DEHP, were closely tied to a teenager's chance of having insulin resistance, a diabetes precursor.

Slightly less than 15 percent of study participants with the lowest one-third of DEHP levels were insulin resistant, compared to almost 22 percent of those with the highest levels. REUTERS

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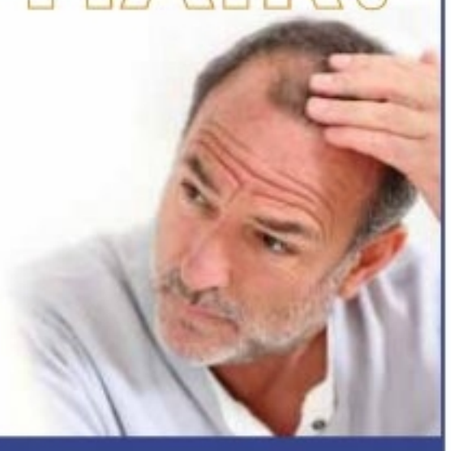

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Snowden journalist to publish UK secrets

Activists pose with masks of Edward Snowden during a public hearing of Brazil-based Guardian reporter Glenn Greenwald, at the Brazilian Senate's foreign relations committee, on Aug. 6. GETTY IMAGES

Unjustified. Brazil's government complained about the detention.

The journalist who first published secrets leaked by fugitive former U.S. intelligence agency contractor Edward Snowden vowed yesterday to publish more documents and said Britain will be "sorry" for detaining his partner for nine hours.

British authorities used anti-terrorism laws on Sunday to detain David Miranda, partner of U.S. journalist Glenn Greenwald, as he passed through London's Heathrow Airport.

Miranda, 28, a Brazilian citizen, said he was questioned for nine hours before being released without charge, minus his laptop, cell phone and memory sticks, which were seized.

Greenwald, a columnist for Britain's The Guardian newspaper who is based in Rio de Janeiro, said the detention was an attempt to intimidate him for publishing documents leaked by Snowden disclosing U.S. surveillance of global internet communications.

Snowden, who has been granted asylum by Russia, gave Greenwald from 15,000 to 20,000 documents with details of the U.S. National Security Agency's surveillance programs.

"I will be far more aggressive in my reporting from now. I am going to publish many more documents. I am going to publish things on England, too. I have many documents on England's spy system. I think they will be sorry for what they did," Greenwald, speaking in Portuguese, told reporters at Rio's airport, where he met Miranda upon his return to Brazil.
REUTERS

White House

US did not seek detention of Miranda

U.S. officials did not ask the British government to question the partner of the journalist who first reported secrets leaked by Edward Snowden, the White House said.

British authorities did, however, give their U.S. counterparts a "heads up" before detaining the partner of American journalist Glenn Greenwald, Brazilian David Miranda, the White House said.

"This was a decision that they made on their own, and not at the request of the United States," White House spokesman Josh Earnest told reporters at a briefing.

Middle East voice

Al Jazeera launches in the United States

The New York offices are quiet, with barely a sign of the new owners and the revolution they are promising. But Al Jazeera America's launch today into more than 40 million homes is potentially the greatest triumph yet for Qatar, and one that could transform the media landscape.

"I can't tell you how much enthusiasm there is for what we're doing," Joie Chen, former CNN and CBS news anchor, told Metro from New York. Chen is just one of an all-star team assembled by AJA — backed by the endless wealth of owners the Qatari royal family — and in many cases poached from rivals.

The channel will occupy a more serious niche, according to acting CEO Ehab Al Shihabi, who has promised "less opinion, less yelling and fewer celebrity sightings."

Bureaus will be established in locations such as Tennessee, and there will be less than half the advertising shown by rivals.

The launch is the culmination of a multi-year campaign from the leading Arab broadcaster to get on American airwaves.

A decade ago it would have been unthinkable, when Al Jazeera was best known in the U.S. for screening messages from 9/11 mastermind Osama bin Laden.
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CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Lena Dunham is considering the source, Mindy Kaling knows what she likes, Rebel Wilson likes her odds and Steve Martin is relying on auto-correct.

@lenadunham: The only insults I will ever take seriously on twitter are from gay teenagers

@mindykaling: A thirty-five year old Carl Reiner will do just fine, thanks

@RebelWilson: Read in an article that my show has a 26.3% chance of surviving...um, I had a .03% chance of mounting @channingtatum and I already did that!

@SteveMartinToGo: Without auto-correct, I am Nottingham.

Ready or not, Gaga is back in action

After a yearlong absence from the public eye due to a broken hip, get ready to see a lot more of Lady Gaga in the coming weeks and months as she promotes her new single "Applause." Here she is yesterday outside of "Good Morning America" in New York City. Next up? Sunday's "MTV Video Music Awards," which will be filmed in Brooklyn. / FILMMAGIC

Demi Lovato: A role on 'Glee' and the Internet

DEMI LOVATO

FOX VIA GETTY IMAGES

Monday held a few ups and downs for Demi Lovato.

Let's start with the downs. Radar Online reported that someone is trying to sell nudie shots of "The X-Factor" host. Although Radar claims the photos of the dark-haired woman are "identical" to Lovato — including the same tattoos — they aren't going to purchase them for our horny consumption. "These are Demi. The collection I have show some nude, including face, some including parts of the body Demi is known for — tattoos, butt, chin. Then, I have pictures of her getting rowdy," the shadowy figure says to the site.

But behind every nude-photo storm there is a guest-starring rainbow! That's the expression, right? Anyway, it was announced yesterday that Lovato will be appearing on the next season of "Glee" as Rachel Berry's friend. "I just heard the news! Excited to sing w you girl!" tweeted Adam Lambert, who joined the show earlier this summer.

So in both cases, we can safely assume that we'll be seeing a lot more of Lovato in the coming months.

Bundchen makes bank in 2013

It pays to be Gisele Bundchen. The leggy Brazilian is the highest-paid model in the world, with a $42 million paycheck this year, according to Forbes. Next on the list is Miranda Kerr, who earned $7.2 million, and Adriana Lima, with $6 million.

The windfall comes mostly from Bundchen's stake in Brazilian footwear company Grendene. So don't hate her because she's beautiful. Hate her because she's filthy rich and beautiful.

SOME GIRLS HAVE ALL THE LUCK. AND THE LOOKS. AND THE MONEY.

GETTY IMAGES

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON

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Prince William rehearsed putting George in his car seat

You were probably very impressed with Prince George's departure from the hospital. "Very smooth, very 007," you no doubt thought as his father Prince William exited the building, snapped George's car seat into place on the first try, and drove off.

Well, if it makes you feel any better, that apparently spontaneous moment of triumphant dad skills was carefully rehearsed.

"Believe, me it wasn't my first time," William told CNN of the car seat moment. "I know there's been some speculation about that. I had to practice, I really did — I was terrified it was going to fall off or the door wasn't going to close properly." ***Metro/MT***

Talking points

SETH MACFARLANE

WIREIMAGE

MacFarlane's new lady love

Seth MacFarlane has a new lady in his life. The "Family Guy" creator and controversial Oscar host is reportedly dating "Pitch Perfect" star Alexis Knapp, according to People magazine. "They've known each other and have been friends for years," a source says. "She's very bright and loves science like him. She's down-to-earth and sweet."

Did Casper Smart spill the beans?

Jennifer Lopez's boyfriend, Casper Smart, might have beat the "American Idol" bosses to the punch about news that Lopez will be returning as a judge for the reality competition in January. When asked by E! News if she would be back for the upcoming season, Smart gave a simple "yes," though no official word has gone out from the network or producers. Sources close to the show say a deal is close to being finalized, but maybe Smart knows something they don't.

CALVIN HARRIS

GETTY IMAGES

Being a DJ can really pay

Being a DJ can be a pretty sweet gig, if Forbes magazine's list of the highest-paid mixers is any indication. Producer and songwriter Calvin Harris, who has worked with the likes of Rihanna and recently signed a two-year deal with Las Vegas club Hakkasan, tops the list, earning $46 million this year. "The rise of dance music has been astronomical in the last three years," Harris says. "I happened to be in the right place at the right time." Even former "Jersey Shore" star Pauly D is raking it in, taking home $13 million. Not too shabby.

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A 'delicious' story from a difficult era

Fiction. A young slave disguises himself as a girl and crosses paths with historical legends.

James McBride's new novel, "The Good Lord Bird," which is out today, is his second in a row to explore the issue of slavery in the years just prior to the Civil War. It was while researching his last book, "Song Yet Sung," that he became fascinated with the story of the abolitionist John Brown, who led the violent slave insurrection at Harpers Ferry, W.Va.

"I'd heard John Brown's name many times in the past but never really quite knew who he was," McBride says. "When I started to research him, I became fascinated with his story. The challenge was to find a way to write about him that was interesting and funny."

Given the dark subject matter of the time period and of Brown's tragic final days, the humor is the most surprising element of "The Good Lord Bird." The story is told through the eyes of Onion, a young slave boy who becomes a part of Brown's crew under the mistaken assumption that he's a girl. Over the next few years, he crosses paths with luminaries like Harriet Tubman and Frederick Douglass, the latter depicted making drunken advances on the disguised Onion.

"My approach is to make fun of everybody," McBride explains. "In real life, I admire Frederick Douglass. He was a great man, but he was flawed as well. The people who built this country weren't gods. They were flawed people, and you often wonder if the women in their lives had the chance to write the stories of these men, how their account would read."

McBride himself was surprised at the opportunities for satire afforded by Onion's disguise.

"The business of identity — self-identity, inner-identity — always drives the outer story," he says. "I wanted Onion's identity issues to be strong enough to push him to freedom at the end of the book. I really didn't consider all of the factors that would go into this character playing a girl at the outset; I just thought it was funny. Then as the book evolved and he got into these situations where he had to pretend to be a girl, it thickened the plot and just became delicious."

In the end, McBride came to admire his subject, despite the misguided violence of some of his actions.

"I think John Brown was one of the greatest Americans that ever set foot in this land," he says. "John Brown was a man who represented an ideal and was willing to die for it. He was way ahead of his time. I admire his sense of religion, his sense of purpose and his unwillingness to compromise on the issue of human rights."

Author James McBride's historical tale focuses on abolitionist John Brown's drive to end slavery. / CHIA MESSINA

SHAUN BRADY
letters@metro.us

History

'A complicated web' of slavery

Onion's experiences allow McBride to depict a complex view of slavery, one that in some ways is more comfortable than the hardships found in the fight for freedom. "Slavery was a complicated web of relationships," he explains. "In many ways, masters were as dependent on their slaves as their slaves were upon them. Most slaves went to bed and got up in the morning dreaming of freedom, but that doesn't mean a lot of them really knew what that word meant."

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Music, nature and youth

Symphonic summer.
A little more than three hours from the city lies a classical oasis.

The hills are alive with the sound of music — and the taste of picnics — at Tanglewood. / STEVE ROSENTHAL

Musicians are often known for their extravagant tastes, and when they hit the big time, many employ all sorts of additional help. Diddy was once known to have a valet on his payroll, with his main task to hold an umbrella over the rapper. The Boston Symphony Orchestra isn't too different.

"The players and their families like to swim," says BSO managing director Mark Volpe. "So I guess we're probably the only orchestra that employs lifeguards."

A lifeguard is not quite as frivolous of a way to save a musician from water as an umbrella holder, and when we examine why the BSO has such additional help, it makes more sense.

For eight weeks in the summer, the members of the BSO relocate to the mountains of the Berkshires, in Lenox, Mass., where they have a little beach on the 526 acres of the grounds known as Tanglewood.

The venue's history is as rich as the green of its rolling hills.

"My office is where Leonard Bernstein and Aaron Copland had their office for about 35 years," says Volpe. He's not bragging as much as he's marveling. "Hawthorne and Emerson and certainly Melville used to visit the grounds."

Tanglewood is about a three-hour drive from Boston. One can easily picture the scenic grounds as the backdrop for a coming-of-age romantic comedy, as many of the players are younger.

"You have all of these 24- and 25-year-olds that are pre-professional, and I think the BSO players — I don't want to speak for them, but there's no cynicism because they remember what it's like to be 24 and 25 and incredibly excited about the future and life in music," says Volpe. "You really get that jolt of music, nature and youth. It's very inspiring."

PAT HEALY
pat.healy@metro.us

PLUS

Upcoming at Tanglewood

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Aug. 24

Harry Connick Jr.
Aug. 31

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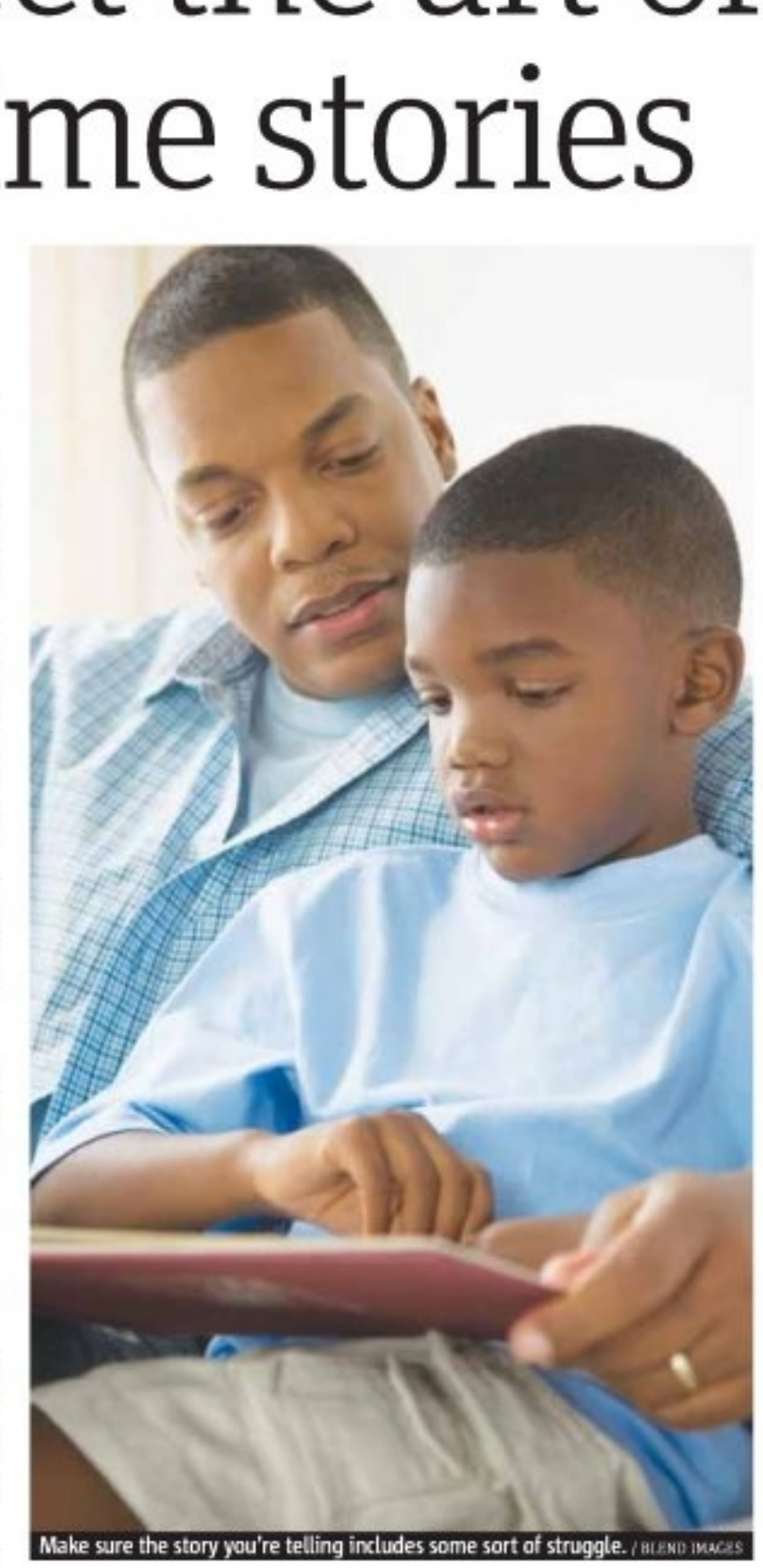
Perfect the art of bedtime stories

Storytelling. Here's how to improve your nightly ritual.


Make sure the story you're telling includes some sort of struggle. / BLEND IMAGES

Don't tell lies like the boy who cried wolf — and don't worry about being last, because the tortoise and the hare proved that slow and steady wins the race.

We all remember these lessons from childhood tales, but how do we make our own stories memorable to children?

That is where Ty Bennett's new book, "The Power of Storytelling: The Art of Influential Communication" comes in.

Stories can be used in various ways as an influential form of communication, whether they are serving as a lesson or an anecdote to a future employer.

Get the storytelling strategy down pat in order to make your words memorable enough for others — like your kids, years down the line — to retell.

Craft a conflict and solution

While telling a bedtime story to his 2-year-old, Bennett adopted the "struggle to solution" technique after the response of his child saying, "That's not a story, there's no bad guy."

"There's something about conflict and challenge that engages us emotionally," Bennett says. "The struggle is the hook of the story."

So once you have successfully hooked your listener, you have acquired the power to provide them with a solution that can serve as a story worth remembering.

"If you connect with the problem," Bennett says, "and the person who is hearing the story resonates that, then they're going to want to adopt that [solution] into their life."

Make it into a conversation

"With kids, you need to engage them, so you need to ask a lot of questions and make it conversational," Bennett says. "It really helps them to get into the story ... so they really feel and understand [it]."

Lessons serve kids and adults

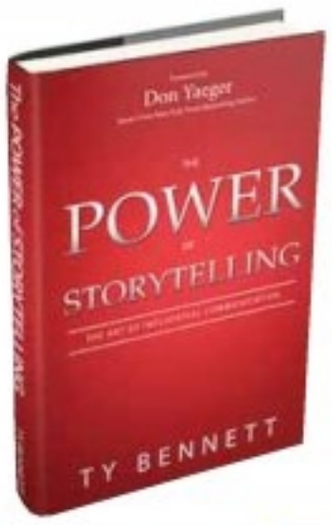
Maybe you aren't looking to tell stories to kids, but that doesn't make this skill any less useful. According to Bennett, storytelling is the most influential form of communication.

"Regardless of what you do for a living," says Bennett, "you're going to need to communicate with people, and the more influential you become, the better that communication becomes, the more influence and impact you can have on people's lives."

So maybe in your next job interview, you will tell a remarkably memorable story that will make you relatable and stand out, or maybe you will teach your kids to just say no to the negativity around them through an experience you went through.

But whatever it is, make sure you've used your newfound storytelling skills to make the story a relatable, memorable and powerful experience.

JULIE KAYZERMAN
letters@metro.us



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Horoscope

♌ Leo | July 23-Aug. 22. Get out and mingle and you'll make some interesting contacts. Talks will lead to a new way to utilize your skills.

♍ Virgo | Aug. 23-Sept. 22. A partnership's success will be proportional to what you put into it. Your unique contribution to something that helps others will bring you recognition.

♎ Libra | Sept. 23-Oct. 22. Don't pay much attention to what others do or say -- trust your own instincts. Taking time to observe how things unfold will be to your benefit. A bit of needed romance will improve your attitude.

♏ Scorpio | Oct. 23-Nov. 21. Opening your mind to a variety of interesting concepts will result in positive changes. Not everyone will agree with your choices, but that's OK.

♐ Sagittarius | Nov. 22-Dec. 21. Travel plans or a visit to someone who makes you happy will brighten your day. A personal proposal will lead to a change of plans. Prepare to make a sudden move.

♑ Capricorn | Dec. 22-Jan 20. Consider an alliance that will help stabilize your position or bolster your reputation. What's offered can be beneficial if it's tailored to the skills you can provide.

♒ Aquarius | Jan. 21-Feb 18. You'll face emotional deception when dealing with business or personal relationships. Ask questions if you feel you aren't getting the whole truth.

♓ Pisces | Feb. 19-March 20. If you have something to offer, now's the time to pitch it. Your innovative mind will dazzle those you encounter. Expect to be offered help or suggestions.

♈ Aries | March 21-April 20. Your indecisiveness may upset someone, but it will help you come to a conclusion that works in the end. Weigh all the pros and cons.

♉ Taurus | April 21-May 21. Your generosity will be taken advantage of by a co-worker or colleague. Step back and look at what's required, then offer no more than necessary. Spend time and nurture the relationships that count.

♊ Gemini | May 22-June 20. Home is where the heart is, and it should be your main concern. Fixing up your place with the best interest of loved ones in mind will bring some much-deserved harmony.

♋ Cancer | June 21-July 22. Follow your plans through with a disciplined attitude. Cut back where you can and be moderate in all that you do. Focus on positive change, not on your failures. BERNICE BEDE OSOL

Letters

Tsarnaev fans don't know what it is they are supporting

Re: 'A look into the mind of Tsarnaev's fan girls' (Metro, Aug. 19) Liberal women like "Karina" who defend and idolize (suspected) Boston Marathon bomber Dzokhar Tsarnaev would be among the first to complain about having to wear a full-body covering and not having any freedom if the Islamists have their way. I wonder if they realize that when they're protesting in miniskirts, tank tops and heels. ROCCO LORE, VIA EMAIL

No fluff in Metro

Re: 'A-pluses for all? Grade inflation myths busted' (Metro, Aug. 19) Wow, great article about a important topic that is adversely affecting us all, yet manages to say nothing meaningful. Excellent corporate media there, people. WILLIAM GORE, VIA EMAIL

Waste not, want not

Re: 'Calif. needs to reconsider its electric avenues' (Metro, Aug. 15-18) Letter writer Sean O'Rourke's argument that radios and computers require AC is specious; I don't know about him, but between my computer and the wall socket is an AC-to-DC converter. He quibbles about inefficiencies in AC-to-DC conversion while blithely ignoring the waste and inefficiency in mining coal/pumping oil, transporting it, burning it to make steam and using the steam to turn a turbine in order to generate electricity. When you add up all the waste inherent in this process, solar and wind generation doesn't look so bad. If Nicola Tesla, George Eastman and Thomas Edison adopted the attitude that "if it's not perfect, we shouldn't do it," I'd be reading your rag by a whale-oil lamp. ERIC BLOCK, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

			8	2			1	
	8		5	6		3		
					7		9	8
	4	3				9		
		9	2	3	5	6		
		5				1	7	
9	6		3					
		1		9	6		3	
	3			1	2			

				8	2	4	7	
		3	1	6		5		9
								6
	6	1	8					
	4	9				2	6	
					9	1	4	
5								
8		4		9	6	7		
	1	6	4	7				

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

1 Bete —
6 Whimpers
11 Cookbook amt.
14 Mary-Kate and Ashley
15 Everglades wader
16 Oaters' Lash La —
17 Primitive weapon
18 Imagines drowsily
20 Chinese dynasty
21 Kind of rage
23 Of the hipbone
24 Horror flick extra
26 "Mona Lisa" artist (2 wds.)
28 Finally (2 wds.)
30 Wives, to lawyers
31 Paddock newborns
32 Like city real estate
33 Really impress
36 What is more
37 Fall to
38 Emmy-winning Thompson
39 Home tel.
40 Sheik's bevy
41 Dye process
42 Composer -- Anderson
43 A Mandrell sister
44 Things to consider
47 Direct
48 Enamel
49 Speaker brand
50 Inc. cousin
53 Paramecium, e.g.
56 Congo, formerly
58 Woosnam of golf
59 Gymnast's stickum
60 Moray pursuer
61 Happy sighs
62 Mattress brand
63 Less moist

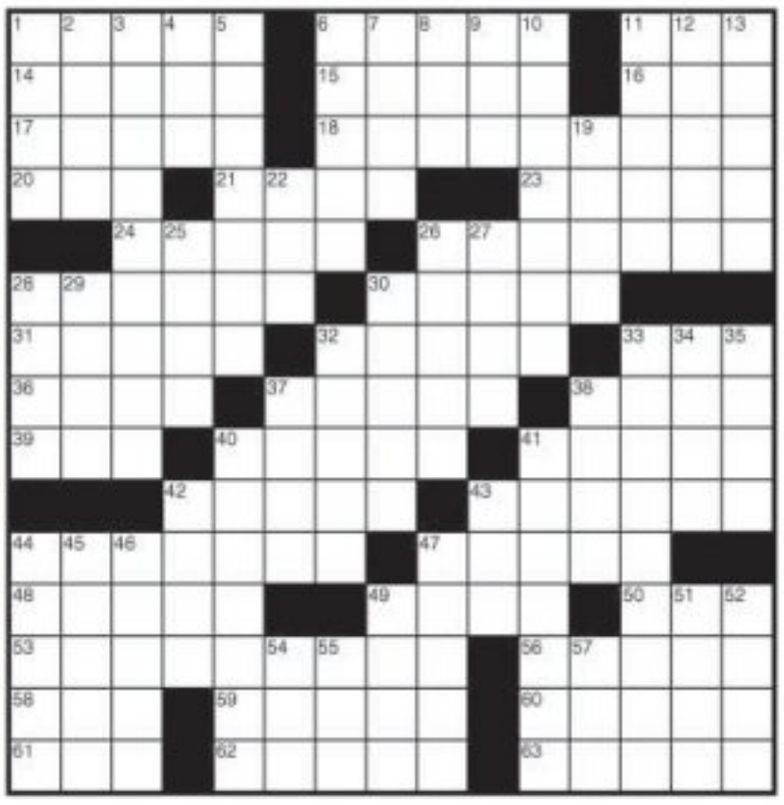
Down

1 Raid the fridge
2 Earthen jar
3 Mica
4 Stimpy's buddy
5 Captivate
6 Olympics prize
7 Hoople's word
8 Droll
9 Took in tow
10 Made an effort
11 Travel option
12 Poisonous shrub
13 "Home Alone" actor
19 Yale students
22 No longer fashionable
25 Moon ring
26 Jeans fabric
27 Revival shout
28 Miles away
29 Decorated tinware
30 Stodgy one
32 Goose eggs
33 Monet subject (2 wds.)
34 Norse god
35 Greet the day
37 Lisa's brother
38 Discount event
40 Nags and scolds
41 Zipped through
42 Made a loan
43 The thing's
44 Rome's Via —
45 Ms. Bernhardt
46 Subatomic particles
47 Cher's ex
49 Use a parachute
51 Trunk possessor
52 Earl— Biggers
54 Akins or Caldwell
55 Mama bear, in Madrid
57 — Lingus

Yesterday's answer

Interactive Crossword

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle. It's that easy!



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FEED YOUR Soul

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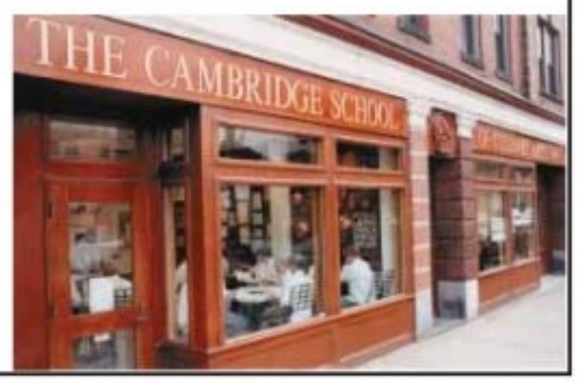

The Cambridge School of Culinary Arts Cooks Up Food for the Soul

On any given day at The Cambridge School of Culinary Arts, you might find military veterans crafting mushroom-stuffed ravioli or baking towering cheese soufflés. A former finance manager could be searing sea bass one kitchen away from an aspiring chocolatier perfecting her cappuccino-cream truffles. They come from different backgrounds, but all students at The CSCA gather with a common purpose: to feed their minds, to feed their bodies, and above all – to feed their souls.

Established in 1974 by Chef Roberta Dowling, The Cambridge School of Culinary Arts has welcomed thousands of students eager to pursue their passion for food. The curriculum at The CSCA focuses as much on an education of the senses as mastery of classical and contemporary techniques. Students are taught the importance of touch, sight, smell, and sound in every aspect of food and its preparation. This hands-on approach encourages students to discover both beauty and complexity within the wide-ranging world of food. At the core of every class at The CSCA is a commitment to the student experience, respect for culinary diversity, and, most importantly, the notion that food is a celebration of life.

Four unique courses of study allow students to choose a program that suits both their current lifestyle and future goals: the 37-week Professional Chef's and Professional Pastry programs, and the 16-week Culinary Certificate and Certificate Pastry programs. Each program is designed to accelerate the learning process through hands-on, practical experience, so students receive a top-notch culinary education in a manageable amount of time. A flexible day and evening schedule allows students to work full- or part-time while attending, and class size is limited to allow for individual attention from a talented staff of chef instructors. Upon graduation, The CSCA offers lifelong career placement services.

Graduates of The CSCA have gone on to become executive chefs, restaurateurs, food writers, caterers, private chefs, and food stylists. Alumni have appeared on the Food Network's *Cupcake Wars* and *Throwdown with Bobby Flay*, opened nationally acclaimed restaurants, and been named *Food & Wine's* Best New Chef, among other things.

In addition to culinary training programs, The CSCA offers an extensive recreational program designed to give amateur chefs hands-on experience in the world of specialty cooking. These one-time classes explore all corners of the diverse culinary landscape, from sushi rolling and Moroccan cuisine to grilling and barbeque.

The CSCA is currently accepting applications for all September 2013 programs, with classes beginning on September 3rd, 2013.

For more detailed information about these and many other program offerings, or to sign up for an information session on Thursday, August 22nd at 6:00 PM, please visit www.cambridgeculinary.com or call 617.354.2020.

Cambridge College
School of Undergraduate Studies

As we look ahead into the next century, leaders will be those who empower others.

- Bill Gates.

The Myth of Tradition

Like many of my peers engaged in the business of higher education America, I am a product of tradition...or at least what tradition used to be. At 18, I enrolled at my undergraduate university, in an insular residential setting, surrounded by a number of thousand other young men and women between the ages of 17 to 23, and got down to being a student.

While this undergraduate experience is shared by many; perhaps the majority of higher education administrators, researchers, faculty, staff, and board members in campuses across America today, it is this "traditional" experience which is becoming far less the norm than ever before. Higher education in America has changed, and most of America's colleges and universities have an enormous amount of catching up to do.

According to a 2012 report by the National Center for Education Statistics, of the 17.6 million undergraduate students in the US, a full 38% are over the age of 25, with 25% of those being over the age of 30! By 2019 the number of students over 25 is expected to increase by another 23%. What is perhaps most surprising, however, is how few institutions of higher education have built their curricula and delivery models to be sensitive to this new reality. There is one notable exception.

In 1971, Cambridge College broke the mold and opened its doors as an institution consciously dedicated to offering educational opportunities geared toward the working adult. At that time, the idea of serving "non-traditional" part-time adult students was somewhat revolutionary. Indeed, many institutions at the time actively avoided recruiting non-traditional students, and few institutions had any experience in serving the working adult.

Throughout the following decades, Cambridge College continued to grow; developing a great depth of expertise in serving non-traditional students, and as time went on, other institutions noticed. In the 1990's, a growing number of institutions attempted to increase their enrollment by launching schools of "professional studies" or "continuing education" which were marketed to working adults. While they proved financially successful, such professional schools were largely developed as appendages to the wider universities' core focus, which continued to be traditional, fulltime students.

Throughout this shift in higher education, Cambridge remained true to its original course. Today, Cambridge College serves as one of America's most experienced institutions founded for, and specializing in adult learners. There are few institutions in the world that have more experience with and dedication to the adult learner. This is particularly true with regard to Cambridge College's School of Undergraduate Studies.

While most American institutions focus their undergraduate programs and curricula on traditional fulltime students, Cambridge maintains its flexible, working adult-centered approach in its undergraduate programs. With degree programs in Psychology, Management, Human Services, and Multidisciplinary Studies, and a wealth of specialized concentrations within these degrees, Cambridge College's School of Undergraduate Studies has carried on the institution's forty-plus years of excellence in adult education.

Small class sizes, typified by discussion-based learning and a valuing of students' individual experiences predominates the curriculum. A practitioner-scholar teaching model places leading professionals from a wide variety of fields into the classroom as professors, and a dynamic interaction between students and faculty characterizes the Cambridge community.

In a landscape were the non-traditional is quickly becoming the new tradition, it's good to know that there are institutions with the experience and passion here to serve them.

Cambridge College

for more information,
go to **www.cambridgecollege.edu/inquirenow,**
or call **617-873-0436** and ask to speak with an admissions counselor.

Founded in 1971, Cambridge College is a private non-profit institution of higher education accredited by the New England Association of Schools and Colleges Commission on Institutions of Higher Education, (NEASC CIHE). Our main campus is located in Cambridge, Massachusetts, with regional centers in Springfield and Merrimack Valley, MA; Chesapeake, VA; Memphis, TN; Augusta, GA; Inland Empire, CA, and San Juan, Puerto Rico.

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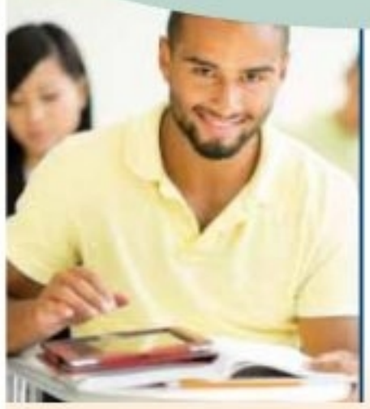
Cambridge College

ENDICOTT COLLEGE
BOSTON
The start of your next chapter!



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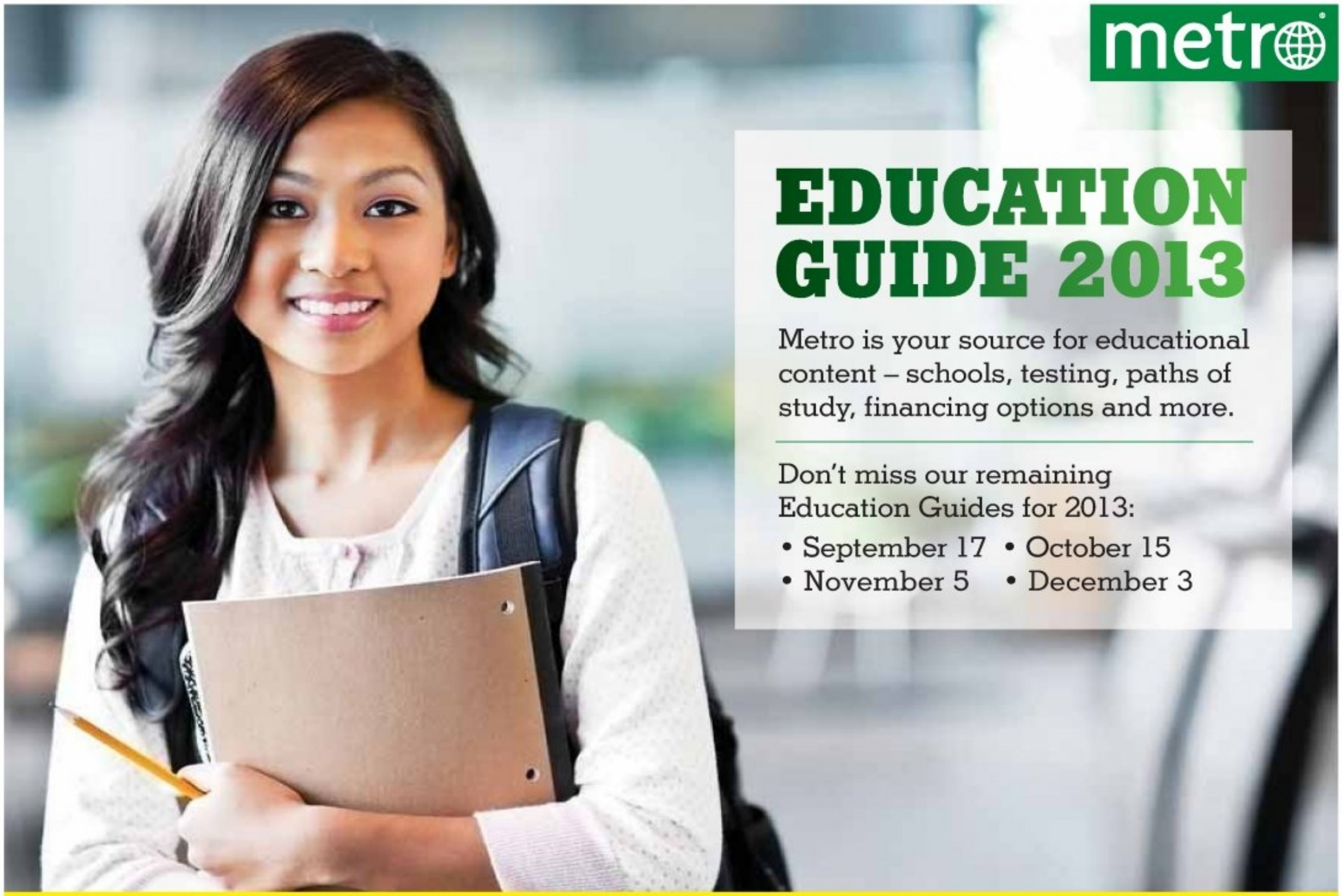
ENDICOTT COLLEGE
BOSTON

When Endicott College Boston opened its doors at 19 Temple Place in Downtown Crossing earlier this year, President Richard Wylie said, "Boston doesn't need another traditional college with a mission similar to those already in the city, but it does need and deserve a college committed to the education and training of new Americans and first generation college students. Whether it's helping to prepare students for college level work, building language skills, or providing a small supportive environment for students to achieve their degree-seeking goals, we are committed to creating new opportunities.

In the months since, we have developed some of the most unique and inexpensive programs in the city. On September 4th, Endicott Boston will begin a cohort model associate degree program. Students will move through the first year of the associate degree as a group. This structure allows for predicable, convenient course scheduling and a highly personalized educational model where every student is known by name! This program is ideal for those students just beginning their college journey.

Our evening bachelor degree programs and masters programs run on an accelerated six week model. Instead of a full semester where students must carry many classes to meet financial aid requirements AND try to balance work and family, our evening programs are built for students to take one class at a time.

Find out more about our convenient location, our unique offerings, and our dedication to helping the residents of Boston!
Call us today 857-265-3915 or look us up at www.endicott.edu/boston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FOR ADVERTISING: Contact Al Bruno at al.bruno@metro.us or 617-697-0550

Invest in your career with courses in Real Estate Studies.

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- **Facilities management and building operating costs**
  Reduction of costs through improved property and facility management.

Students may enroll in individual courses of interest or complete a series of courses to earn a Boston University certificate in Commercial Real Estate, Facilities Management, or Real Estate Finance. Evening courses start September 16, 2013.

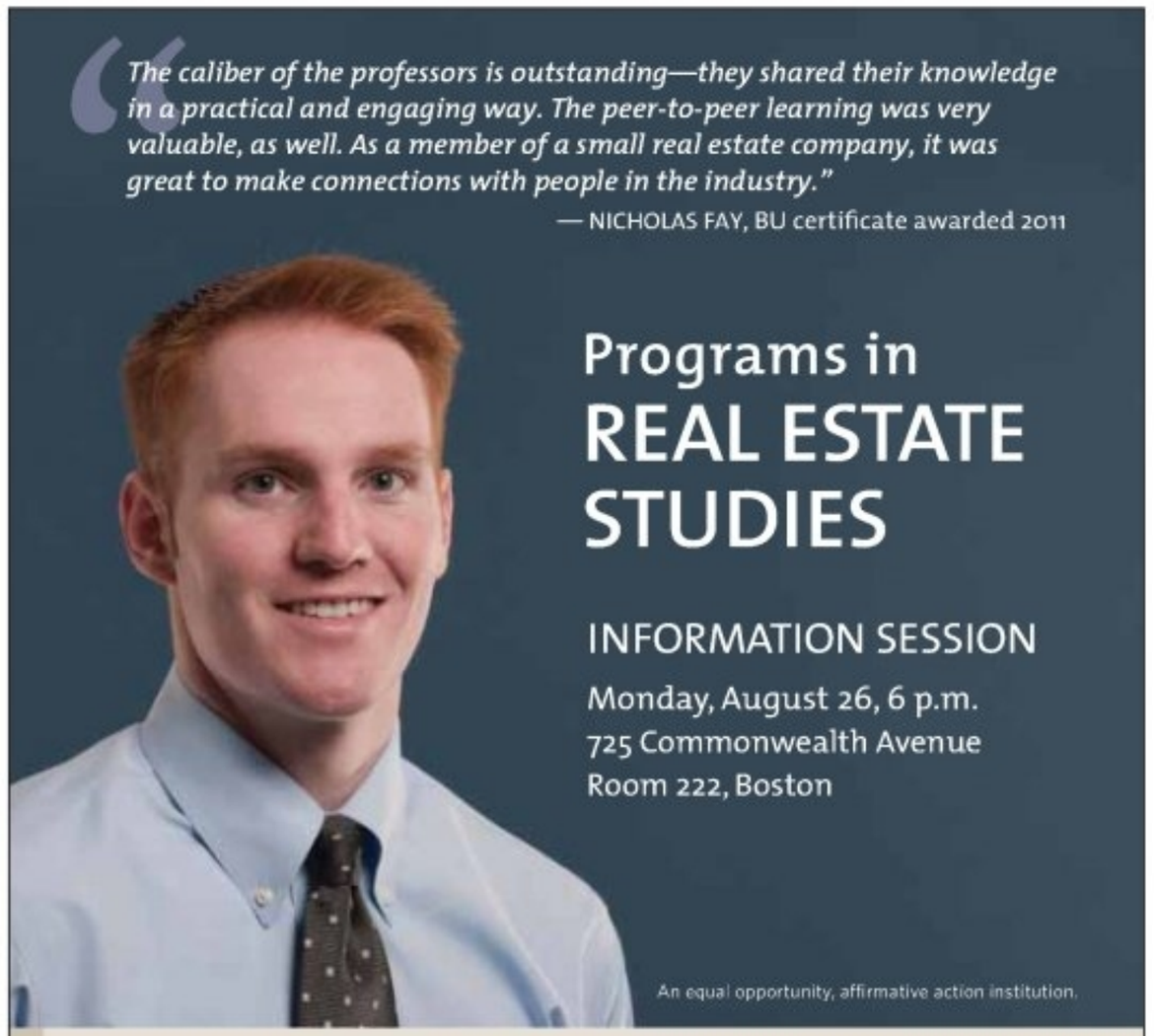
The Center for Professional Education (CPE)—part of Boston University's Metropolitan College—offers comprehensive classroom and online training to meet the professional development and certification needs of industries such as commercial real estate, facilities management, financial services, and law. CPE is affiliated with the Real Estate Finance Association (REFA) of the Greater Boston Real Estate Board (GBREB) and the International Facility Management Association (IFMA).

For more information on Real Estate Studies programs at the Center for Professional Education, call 1-866-633-9370 or visit **bu.edu/professional.**

Get a head start on a master's degree:

*Real estate professionals also may be interested in two graduate programs offered at Boston University's Metropolitan College (MET): City Planning and Urban Affairs. Students who earn a CPE certificate in Commercial Real Estate or Real Estate Finance may apply their coursework toward the waiver of three elective classes (12 credits) in one of these master's programs at MET. One of Boston University's 16 schools and colleges, Metropolitan College has over 60 part-time undergraduate and graduate programs that support the needs of working adults. For more information, visit **bu.edu/met.***

BOSTON UNIVERSITY


"The caliber of the professors is outstanding—they shared their knowledge in a practical and engaging way. The peer-to-peer learning was very valuable, as well. As a member of a small real estate company, it was great to make connections with people in the industry."
— NICHOLAS FAY, BU certificate awarded 2011
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Find an Education that Fits at
The College of Advancing and Professional Studies at UMass Boston

There are so many reasons why adults go back to school – What are yours?

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CAREER GROWTH? A certificate program is a valuable yet manageable amount of coursework for the busy adult. You can also enroll in one or two classes before making the commitment to matriculate.

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UMASS BOSTON

3 SPORTS

Watch online

Find a recap and video from last night's Red Sox-Giants game: **Metro.us/sports.**

Patriots finding real success on ground

NFL. Stevan Ridley and Shane Vereen give New England an impressive 1-2 punch out of the backfield.

Stevan Ridley ripped off a 62-yard run against the Philadelphia Eagles on Aug. 9. / GETTY IMAGES

The 2013 New England Patriots: a run-first team? It just might be the case.

The Pats boast one of the deeper running games in the NFL this season, anchored by 2011 draft picks Stevan Ridley and Shane Vereen.

Ridley truly came into his own last year, finishing the year with 1,263 yards and 12 touchdowns on 290 carries. Vereen, who missed part of the year due to injuries, carried the ball 62 times for 251 yards and three touchdowns.

Ridley should continue to see the bulk of the carries for the Pats this season. He kicked things off in Week 1 of the preseason with a 62-yard run though the Eagles' defense, and later pounded in a one-yard TD run.

The knock on him so far in his career has been his inability to hold on to the ball. A fumble late in his rookie year may have been the reason for his nonexistent role in the running game throughout that year's postseason. Last year, against the Ravens in the AFC championship game, he lost a crucial fumble late in the contest.

Vereen, who has displayed success as a receiver out of the backfield, showed what he's capable of in the divisional round against the Texans.

With former Pats running back Danny Woodhead out of action, Vereen carried the ball seven times for 41 yards and a touchdown. He also made five receptions for 83 yards and two TDs.

The talented back out of Cal has put together two solid preseason games and looks to be, at the very least, a great third-down option for the Patriots.

Who else can contribute to the running game this season? How about a former 1,000-yard back? The Patriots made a trade on draft day that brought former Bucs running back LeGarrette Blount to Foxboro.

Few expect Blount to amass 1,000 yards behind Ridley and Vereen, but if he can run close to the way he did his rookie season, the Pats will have the best third back in the league.

The hefty Blount will most likely be used in short-yardage situations, but has also shown that he can make something out of nothing (see: 51-yard touchdown run against the Eagles).

JAMES TOSCANO
sports@metro.us

No Gronk

Report: Gronk to miss Week 1

Patriots tight end Rob Gronkowski likely won't be ready for the season opener, according to ESPN.

Gronkowski underwent back and forearm surgery in the offseason. While he hasn't suffered any setbacks in rehab, Week 1 is looking like a stretch. Gronkowski has been running and lifting at the Patriots' facility.

METRO

Letter man

Ex-Pat Hernandez writes to fan

Aaron Hernandez is reportedly worried about his daughter growing up without a father.

Radar Online obtained a jailhouse letter supposedly written by Hernandez to a fan. In it, he maintains his innocence in regard to murder charges. He'll appear in court on Thursday for a probable cause hearing.

METRO

Cutting block

Pats release three players

The Patriots released three players Monday: linebacker A.J. Edds, offensive lineman R.J. Mattes and defensive lineman Scott Vallone.

For now, Tim Tebow remains on the team's roster. Final cuts are Aug. 31.

METRO

Bogaerts is only 20 years old.
GETTY IMAGES

Red Sox. Top prospect Bogaerts set to make his major-league debut

Top Red Sox prospect Xander Bogaerts is coming to Fenway.

Bogaerts, 20, will become the youngest Boston player to make his major-league debut since 1995. The story was first reported by WEEI.

Bogaerts was batting .297 with 15 home runs and 67 RBIs in combined stints at Double-A Portland and Triple-A Pawtucket. Scouts and talent evaluators consider Bogaerts as one of the five best all-around prospects in baseball.

He is expected to join the 25-man roster as a utility player. Bogaerts, a shortstop by trade, will likely split time with Stephen Drew. According to the Boston Globe, Brock Holt is being reassigned.

METRO

MLB power rankings | by Ryan Hannable

No. 1

Braves (76-48)

The Braves continued their impressive play of late and even extended their lead for the best record in baseball. Atlanta went 4-2 this past week and has now won 19 of its last 22 games. In 16 of their last 18 games, the Braves held opponents to four runs or less and currently have the second-best run differential in the NL. The Braves will take on the Mets in New York today and tomorrow.

No. 2

Dodgers (72-51)

L.A. finally lost a game after winning 10 straight, but is still easily MLB's hottest team since late June. They're up 7 1/2 games in the NL West.

No. 3

Tigers (73-51)

All of a sudden, Detroit has opened a seven-game lead in the AL Central. The Tigers have the best run differential in baseball.

No. 4

Red Sox (73-53)

With the Yankees taking two of three from Boston over the weekend, the Sox have now lost four of their last five games.

No. 5

Pirates (72-51)

By losing seven of its last 10, Pittsburgh's lead in the NL Central was cut to one game. Scoring runs has been the issue.

No. 6

Rangers (71-53)

It's a good thing the Rangers have won seven of their last 10 games, as the Athletics are surging and are now just half a game back.

Rest of the rankings

- **No. 7 Cardinals (71-52)** The Cardinals took two of three from the Cubs this past weekend. They host the Braves in a critical series next weekend.
- **No. 8 Reds (70-54)** After falling well back of the Pirates and Cardinals in the NL Central, the Reds have quickly gotten right back into the race.
- **No. 9 Athletics (70-53)** There are no doubts about the Athletics' pitching. It's their bats that will be the difference. They rank 12th in the AL in hitting.
- **No. 10 Rays (70-52)** The Rays aren't playing as good as they were a few weeks ago, but they are just a game behind the Sox in the AL East.
- **No. 11 Orioles (67-56)** Baltimore's offense will be the key moving forward. In its last seven wins, Baltimore has scored seven-plus runs five times.
- **No. 12 Indians (66-58)** The Indians are starting to run out of time in the AL Central, as they are now seven games behind a Detroit team showing no signs of slowing down.

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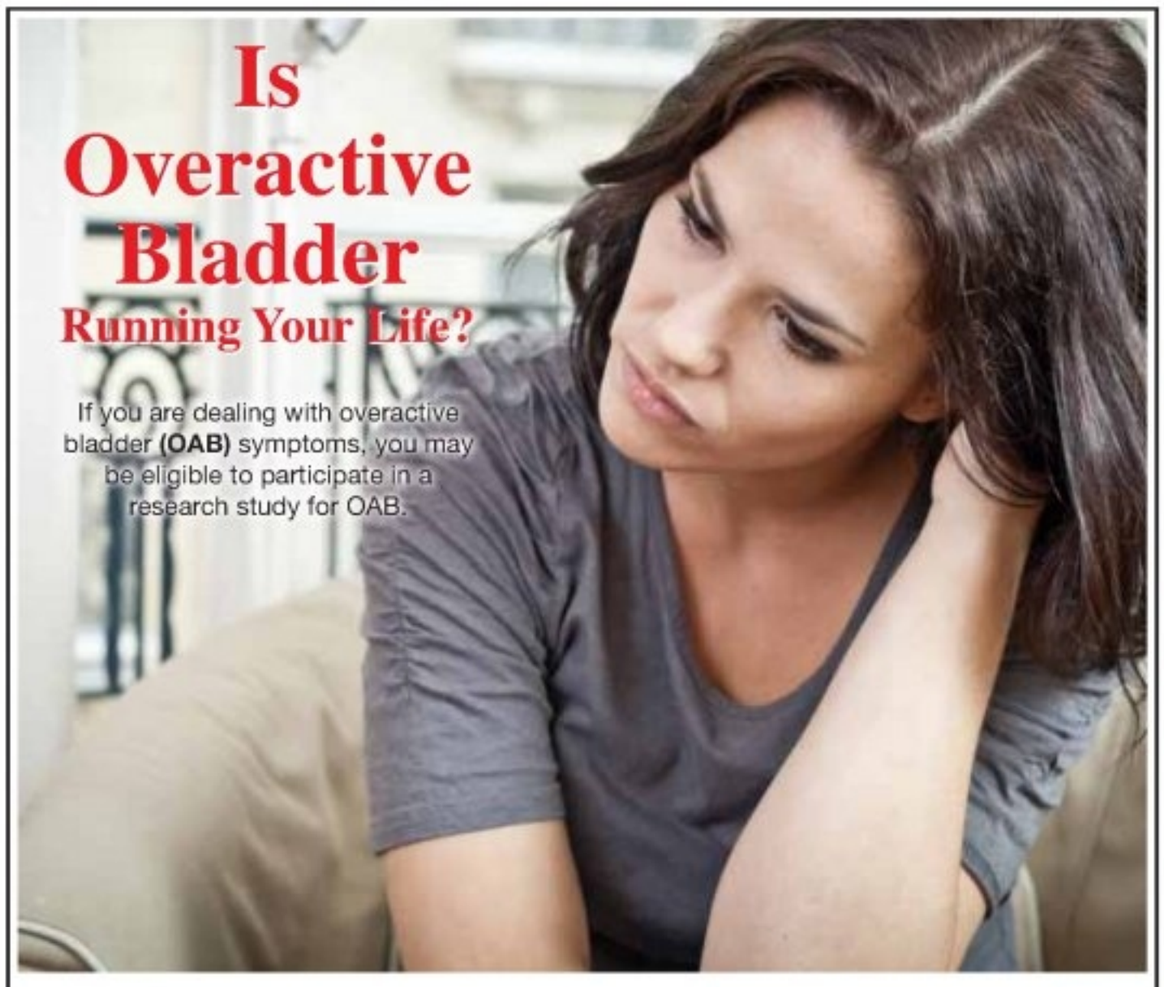
Is Overactive Bladder Running Your Life?



If you are dealing with overactive bladder **(OAB)** symptoms, you may be eligible to participate in a research study for OAB.

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SEDONA

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www.metro.us

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To learn more and find out if you may qualify: Call Atlantic Clinical Trials, LLC at **617-393-1929**

iTeen is recruiting girls for the fall!

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iteen@umb.edu

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Hey, Parents:

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Researchers at UMass Boston are looking for girls to participate in **iTeen,** an 8-week online research program that promotes healthy eating and physical activity.

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UMASS BOSTON

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To learn more: Call Adams Clinical Trials at (617) 387-1706 or e-mail info@adamsclinical.com

Are you a male 26 years old or older?

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MHB
MEN'S HEALTH BOSTON

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